Carry these essentials on all hikes for a safe and enjoyable experience.

**1. Navigation**
map, compass, GPS system, extra batteries

**2. Insulation**
waterproof/windproof jacket, hat, face mask, goggles, gloves, thermals, wool socks (wear layers, pack extras)

**3. Gear**
snowshoes, traction devices, gaiters, insulated/waterproof boots, trekking poles

**4. Light**
headlamp, flashlight, lanterns, extra batteries

**5. First-aid supplies**
pre-made kit or build your own

**6. Emergency kit**
whistle, signal mirror, flare, duct tape, pocket knife/multi-tool

**7. Fire**
matches in waterproof container, lighter, fire starters

**8. Nutrition**
high-protein/high-calorie (pack extra, break into small pieces, pack in center of bag to avoid freezing)

**9. Water**
plenty of water, a water filtration system, insulators on tubing (pack in center of bag to avoid freezing)

**10. Emergency shelter**
space blanket, tent, bivy sack, rope/paracord

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**IN AN EMERGENCY CALL:** 911

DEC EMERGENCY DISPATCH: 518-408-5850
IN THE ADIRONDACKS: 518-891-0235